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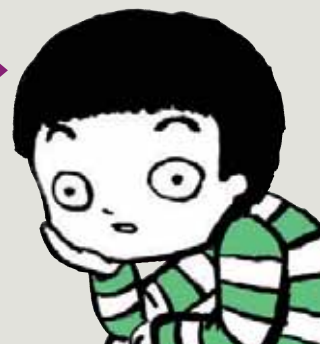
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# Ottawa metro

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Your essential daily news | TUESDAY, JUNE 30, 2015

High 22°C/Low 16°C Afternoon showers



**HAPPY BIRTHDAY  
CANADA**

A woman sits by the Centennial Flame as crews get the stage ready for Canada Day celebrations on Parliament Hill. For full details on the festivities, see [metroNEWS](#). JOE LOFARO/METRO

## Child finds gun in rental car

**SAFETY**

**12-year-old's  
father furious  
with Enterprise**



**Joe  
Lofaro**  
Metro | Ottawa

Most people wouldn't be surprised to find a nickel or quarter in between the seats of a

rental car.

But when Sandra Shenouda reached down to clean up spilled french fries in the back seat of her family's rented Nissan Versa, the 12-year-old pulled out a fully loaded handgun.

The family rented the car in Michigan and drove it to Ottawa to visit relatives this week. It was parked in the Barrhaven Walmart on Saturday afternoon when they made the shocking discovery.

The gun had been behind the passenger seat, inches away from Sandra. At first, her father, Samy Shenouda, didn't believe her when she said she had a gun.

"When I touched it, it fell down. He thought I was joking," Sandra said. "I was like, 'Take it out of my hand!' I was so scared. 'I screamed. It was scary.'"

The family put the gun back where they found it and drove the car back to Samy's sister-in-law's house and then called

Ottawa police.

Investigators scoured the rest of the car for about four hours, according to the family, as they searched for DNA.

Ottawa police confirm they are investigating the incident, but won't say if they have tracked the gun's owner or what kind of gun it was.

Sandra could only describe it as "big and black."

One of the officers on scene told Samy that the gun "had

all the bullets," but that it was not cocked.

Needless to say, Samy is furious with Enterprise.

His daughter could have been seriously hurt or worse, he said.

Samy, who is originally from Egypt, worries what might have happened had the Canadian Border Services Agency guards chosen to randomly search the rental at the Detroit-Windsor border.

"I'm mad at (Enterprise) be-

cause they violated my security. I could have been in trouble at the border crossing with a gun if it was discovered, given where I am from and considering I just got my green card two months ago."

Enterprise has yet to respond to a request for comment.

After visiting an Ottawa Enterprise location, the family told Metro they were offered a Nissan Altima and two extra days of no rental fees.

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# ‘My beautiful boys yesterday lost their father’: Victim’s wife

LEITRIM ROAD

## Father of two ID’d in fatal hit-and-run



**Haley Ritchie**  
Metro | Ottawa

Ottawa Police say they are now looking for a white F-250 or F-350 Ford pickup truck with front-end damage, connected to the hit-and-run death of a cyclist on Leirtrim Road early Sunday morning.

The cyclist has been identified by family and friends as 39-year-old Andy Nevin, who leaves behind two sons and his partner, Nadia Robinson.

The family had moved into a new home in Riverside South just days before.

“My beautiful boys yesterday lost their father and my closest friend,” Robinson wrote on Facebook Sunday night, sharing photos of the family.

“He was a very proud daddy and did not deserve to go so young and so pointless. I will do my best to make sure your boys know how much you loved them,” she wrote.

Friends shared their condolences and memories online, expressing disbelief and remembering Nevin as a caring father.

“They had just moved



Andy Nevin has been identified by family as the cyclist who was killed in a hit-and-run Sunday morning. He leaves behind two sons. FACEBOOK

here from a bad neighbourhood,” said the family’s new landlord and friend Seema Singh. “The boys were so excited, this was a new start for them.”

She said Nevin had left the house early in the morning

to make some final repairs in their old place. He was hoping to surprise Robinson by getting the final painting and patchwork out of the way before dropping off the keys.

Police say Nevin was struck by a passing vehicle around

5:45 a.m., south of the Ottawa airport on Leirtrim Road. The driver didn’t stop, and 911 was only called after another car passed.

Paramedics tried “aggressive resuscitation measures,” but he was pronounced

dead at the Ottawa Hospital Trauma Unit.

Singh has started a crowdfunding campaign to help the family cope with the loss.

“Everyone gives their condolences, but I just wanted to start something to help

## POLICE

Ottawa police say they are looking for the driver of a pickup truck believed to be involved in the hit-and-run that killed Andy Nevin on Sunday morning on Leirtrim Road near Albion Road.

The vehicle is described as a 2004 white Ford F-250 or F-350 pickup.

Police say the truck is damaged on the front passenger side.

Those with information are being asked to contact the Ottawa Police Collision Investigation Unit at 613-236-1222, ext. 2481.

Anonymous tips can be submitted by calling Crime Stoppers toll-free at 1-800-222-8477 (TIPS), or by downloading the Ottawa Police iOS app.

them out,” she said.

Nevin had worked at the same Ottawa lawn care company for 10 years, said the company’s owner Joey Smith.

“He was a good, reliable person. He was never afraid to take something on — good job or bad job, it didn’t matter. We were always happy to have him back,” said Smith.

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**BODY WORLDS**

# ANIMAL INSIDE OUT

**MAY 1 – SEPT 20 2015**



FIRST TIME IN CANADA

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## DOWNTOWN

# Five tips to surviving July 1

Canada Day in downtown Ottawa can be a lot of fun, but only if you arrive prepared. Here are five tips for having the best possible July 1 in the capital this year. **MICHAEL WOODS** FOR METRO

## 1 Bring supplies

Once you arrive downtown, things like water, snacks and sunscreen become pricey and can be difficult to find. Stock up at home so you don't have to spend 12 bucks on a bottle of water later on.



## 2 Leave yourself lots of time

Downtown Ottawa is a fun place on Canada Day, but it's slow. The buses are slow, crowds move slowly and getting from Point A to Point B can take a while. Allot yourself plenty of time to move around, to avoid undue stress.



## 5 Don't rely on your phone

The downtown crowds tend to overwhelm the cellular networks. If you're meeting people, arrange a spot and time beforehand and stick to it. Your phone might not work when you get there.



## 3 Take public transit

Most downtown streets are closed to cars on Canada Day, and OC Transpo service is free. It's a no-brainer to take the bus. Yes, the buses are crowded, but driving is just a fool's errand. Don't do it. You will regret it.

## 4 Wear real shoes

It's tempting to want to wear sandals or flip-flops on a hot July day. Don't. Your feet will get stepped on, and you will be walking through debris including broken glass and various discarded items.

## CONCERTS

### Evening lineup

Canada Day performers on Parliament Hill

#### 1 Kiesza (Pop)

Starts at 8:00 p.m.

#### 2 Karim Ouellet (Pop)

Starts at 8:16 p.m.

#### 3 Gord Bamford (Country)

Starts at 8:27 p.m.

#### 4 Cassidy Mann (Singer-songwriter)

Starts at 8:37 p.m.

#### 5 Jonas and the Massive Attraction (Rock)

Starts at 8:45 p.m.

#### 6 Andee (Singer-songwriter)

Starts at 8:57 p.m.

#### 7 Francesco Yates (Singer-songwriter)

Starts at 9:04 p.m.

#### 8 Marc Dupré (Singer-songwriter)

Starts at 9:16 p.m.

#### 9 Jonas (Rock)

Starts at 9:31 p.m.

#### 10 MAGIC! (Pop)

Starts at 9:36 p.m.

## FORGET THE HILL: CANADA DAY FOR ART LOVERS, OUTDOORS ENTHUSIASTS, HISTORY BUFFS AND SUBURBANITES

There are options if you want to enjoy an alt-Canada Day and avoid the spectacle on Parliament Hill. After all, there's more to the capital than the Peace Tower. All the major museums and the National Gallery are free on July 1, but they will be packed with tourists.

HALEY RITCHIE METRO



### Art lovers

There is plenty of pop music on the Hill and in Jacques Cartier and Major's Hill parks all day. If you're into something different try Jazz Fest, which ends Canada Day, or visit the NAC, which is opening its doors for two free orchestral concerts.

The National Gallery will also offer free admission on Wednesday, including to its extensive collection of Canadian art. Along with enjoying pieces by the quintessential Canadian artists in the Group of Seven, you can see Alex Colville's work, currently on display in a special exhibition.

Partnering with the Fringe Festival, Dominion City Brewing Company is planning a Dominion Day party at Arts Court. Canadian food, brews and music will be on offer.



### History buffs

The Newfoundland and Labrador community of Ottawa is holding a special ceremony at the National War Memorial at 8:30 a.m. to honour the Royal Newfoundland Regiment soldiers who fought at Beaumont-Hamel in 1916.

The Bytown Museum is the place to learn all about Ottawa's history and the building of the Rideau Canal.

Rideau Hall, in all its historic splendour, is another great place to leave the bustling crowds behind and remember the region's history.

On the other side of the river, the Mackenzie King Estates offers tourists and locals alike a chance to visit the restored cottages, gardens and picturesque ruins. There will also be live music, cake and games for children.



### Suburban celebrations

OC Transpo is free on Wednesday, but if you're not planning on leaving the 'burbs, don't worry, there's lots of music and fireworks in every corner of the city.

In the west end, Kanata will be holding their celebrations in Walter Baker Park including all-day festivities, a performance by Brett Kissel, and fireworks. Barrhaven will also have its own fireworks and concerts in Clarke Fields.

In Osgoode head to the community centre for BBQ, fireworks and a parade.

Those in the east can celebrate "Canada Day in the country" with music and fireworks at the Navan Fairgrounds.

Farther out Almonte, Carleton Place, Stittsville, Manotick, Dunrobin and Kemptville will all be holding their own local celebrations.

### Get outdoors

Here's a patriotic idea: Get out of the downtown and enjoy Canada's beautiful outdoor landscapes.

Across the river, Gatineau Park has plenty of hiking trails for a variety of fitness levels, making a day of walking family friendly. There are also lots of picnic spots and places for swimming when you're ready for a break.

Inside the city, the Ottawa Rowing Club is having its own celebrations, inviting families to try rowing, canoeing, sailing, kayaking and paddleboarding.

And while it's not technically outdoors, you



might get a chance to see Canada's wildlife inside the Canadian Museum of Nature if you head to the pre-Canada

Day Nature Nocturne. The museum invites you to wear red and white for dancing and late-night partying.

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# Best places to watch the fireworks



**Michael Woods**  
Metro | Ottawa

The annual fireworks show is the unquestionable highlight of Canada Day in the capital. Launched from the Astrolabe at Nepean Point, the fireworks light up the skies over the Ottawa River and are a perfect culmination to the day's patriotic revelry.

The show starts at 10 p.m. on Wednesday, weather permitting. Here are five spots in the capital with a great view.

## 1 Parliament Hill

Probably the most popular and in-demand spot to watch the fireworks, so make sure to get there early to get a spot.

## 2 Major's Hill Park

The park just to the east of Parliament Hill, overlooking the Ottawa River, is an ideal place to watch the fireworks display. Try to get a spot along the railing at the west end of the park.

## 3 Victoria Island

West of Parliament Hill, this island in the Ottawa River is a little further away, but still provides a great view.

## 4 Jacques-Cartier Park

Probably the best place to watch the fireworks, if you're willing to make the trek. If you're heading over to the Quebec side to watch the fireworks, keep in mind that the Alexandra Bridge will be closed to pedestrians from 9 to 11 p.m.

## 5 Canadian Museum of History

Another spot in Gatineau with great views of the fireworks illuminating the Parliament buildings.



**CANADA DAY SPECIALS**

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## Kijiji move will help veterans find work

**“This was our idea, and I think it’s a home run.”**

MICHAEL WOODS/METRO

## Poilievre aide to run for Conservatives



Baird had endorsed Plamondon for the nomination, according to Plamondon's campaign website. Wang and his wife live in Barrhaven. The Liberal nominee in the riding is businessman Chandra Arya. The New Democrats have yet to nominate a candidate.

**A design of Ottawa's light-rail transit (LRT) project.** COURTESY CITY OF OTTAWA

# \$3B rail extension gets the green light

## Economic development committee OKs transit design



**“I think the folks at Unitarian have a great opportunity to have one of the best stations within a walking distance.”**

Mayor Jim Watson

And perhaps there will be an LRT Phase 3. Kanata South Coun. Allan Hubley tabled a motion asking city staff to look at extending the railway to Kanata “at the earliest opportunity.”

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# NOTICE

## CANADA DAY EARLY CLOSING

No access to Rideau Centre between 7:00 pm July 1<sup>st</sup> and 6:00 am July 2<sup>nd</sup>. Please use Nicholas Street or Daly Avenue to access Rideau Centre Parking Garages.

# RIDEAU CENTRE



**MEDICAL MARIJUANA HIGH ON EDUCATION** Brock Marcotte, an information specialist, helped open Ottawa's first National Access Cannabis care centre on Wellington Street W. on Monday. The centre is an educational resource for medical marijuana patients. JOE LOFARO/METRO

# Markets get OK for makeovers

## URBAN ISSUES

### Committee adds cash for streetscaping



**Lucy Scholey**  
Metro | Ottawa

The ByWard Market will get a facelift, but it's still unknown where funding for the \$82-million plan will come from.

On Monday, the City of Ottawa's finance and economic development committee (FEDCO) approved \$500,000 in its term of council priorities to revamp the governance structures and improve streetscaping for the ByWard and Parkdale markets, plus the Sparks Street Mall.

There's already a plan in place to renovate the ByWard Market building and allow for more vendors to sell fresh produce year-round. The plan also seeks to transform the tourist

hot spot into a more pedestrian-friendly area. The first phase, likely to start between 2015 and 2018, is expected to cost \$10 million. Later phases will bring in an underground parking garage, which could cost \$47 million.

At FEDCO, Jasna Jennings, executive director of the ByWard Market Business Improvement Area (BIA), said the market generates a lot of property tax for the city, but it's tough for businesses to be viable due to the rate of homelessness, addictions and aggressive ticketing.

"It's time some of that city profit was invested in the area it was drawn from," she said.

However, West Carleton-March Coun. Eli El-Chantiry noted the ByWard Market area also absorbs a chunk of police and bylaw resources.

The term of council priorities outlines what the city will invest in over this term. There's \$37.4 million earmarked for 2015 alone. Among the other priorities FEDCO approved Thursday:



**It's time some of that city profit was invested in the area it was drawn from.**

Jasna Jennings,  
ByWard Market BIA

- **Throwing a party for Canada's 150th anniversary celebration in 2017.** \$5.945 million will be invested over the next three years.

- **Creating a more accessible city.** Starting this year, the city is looking to invest \$2 million in the Accessibility Barrier Removal Program to make city facilities more accessible. That amount will be bumped up by \$500,000 each year until 2018.

The transportation committee will also look at the term of council priorities on Tuesday before the entire package goes to council on July 8.

WITH FILES FROM ALEX ROBINSON

## A LOT HAS CHANGED OVER THE YEARS

And so has Ontario's Health and Physical Education curriculum

It's been 17 years since the 1998 curriculum was last updated. It now includes more information about healthy relationships, consent, mental health and online safety.

Learn more about the curriculum at [ontario.ca/hpe](http://ontario.ca/hpe)

[ontario.ca/hpe](http://ontario.ca/hpe)

Canadian students are more connected, more mobile and more social than ever before



24% of Grade 4 students, 52% of Grade 7 students, and 85% of Grade 11 students own a cell or smartphone.

Source: Media Smarts Survey 2014



39% of students with cell phones sleep with them.

Source: Media Smarts Survey 2014



Among grades 4-6 students, 30% have a Facebook account and 16% have a Twitter account even though they're barred for users under the age of 13.

Source: Media Smarts Survey 2014



A Kids Help Phone study reported that 70% of the kids surveyed have been bullied online, and 44% admitted to bullying others.

Source: Kids Help Phone (Cyber-bullying: Our Kids' New Reality) (2007)



36% of Grade 11 students with access to a cell phone have received a sext.

Source: Media Smarts Survey 2014

## FRENCH, ENGLISH as a SECOND LANGUAGE

### PART TIME

12 weeks (36 hours in class and 36 hours online)

#### FRENCH AS A SECOND LANGUAGE (8 LEVELS)

July 7 to September 26, 2015

Evenings: 6 pm to 9 pm (8 Levels)

Saturdays: 9am to noon (7 Levels)

#### ENGLISH AS A SECOND LANGUAGE (6 LEVELS)

July 7 to September 26, 2015

Evenings: 6 pm to 9 pm (6 Levels)

NEW! Saturdays: 9 am to noon (Levels 6 and 7)

### FULL TIME

4 weeks (60 hours in class and 60 hours online)

#### FRENCH AS A SECOND LANGUAGE (6 LEVELS)

July 6 to July 31, 2015

Levels 1, 3 and 5: 9am to noon

Levels 2, 4 and 6: 12:30 to 3:30pm

#### ENGLISH AS A SECOND LANGUAGE

July 6 to July 31, 2015

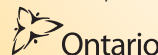
NEW! Level 4: 9am to noon • Level 5: 12:30pm to 3:30pm

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All new students need to go to the Language Assessment and Referral Center prior to registration. Please call **613-238-5462** for an appointment.

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# Magnotta joins dating site from behind bars

QUEBEC

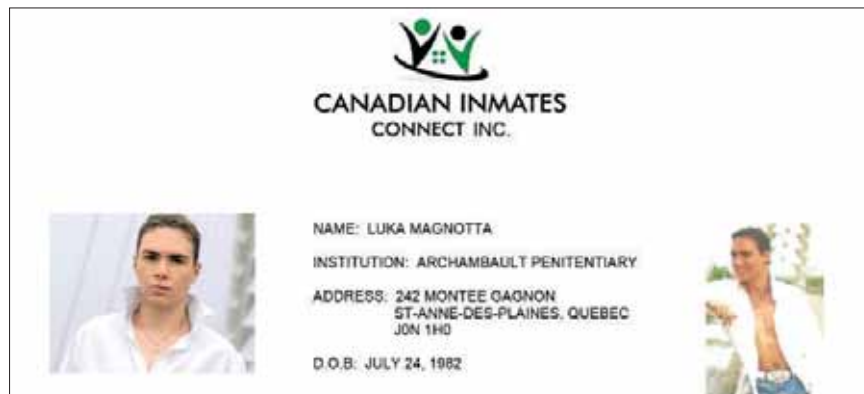
## Convicted killer seeking 'single white male'

Luka Rocco Magnotta, the convicted killer whose grisly crimes made headlines around the world, is looking for a "prince charming" on a matchmaking website for prisoners.

Magnotta's profile was posted Sunday on Canadian Inmates Connect Inc., a website that tries to hook up lonesome convicts — some behind bars for violent offences like first-degree murder — with potential companions on the outside.

"Seeking single white male, 28-38 years of age, white and in shape," reads a blurb the website's founder says was written by Magnotta himself.

"One who is loyal, preferably educated, financially and emotionally stable for a long term



**Luka Rocco Magnotta has joined Canadian Inmates Connect Inc., a website that tries to hook up lonesome convicts with people on the outside.** CANADIAN INMATES CONNECT INC./THE CANADIAN PRESS

committed relationship. If you think you could be my prince charming, send me a detailed letter with at least 2 photos."

The profile features two photos of Magnotta, who was convicted in December of first-degree murder for the 2012 Montreal killing and dismemberment of university

student Jun Lin.

Magnotta, who's serving a life sentence, lists his expected release date as 2037.

"Only those I deem compatible will receive a response," he writes on the profile, which also includes his current postal address north of Montreal: Archambault Institution, in Sainte-

Anne-des-Plaines, Que.

Melissa Fazzina, who created the site about 4-1/2 years ago, said Magnotta sent the information to her through a contact. The application and \$35 fee arrived via regular mail — convicts don't have Internet access — about 10 days ago.

THE CANADIAN PRESS

BRITISH COLUMBIA

## Missing for a week, man surprised by 'all the fuss'

Bob Moynan, father of an Ontario man who emerged from a southern British Columbia forest after being lost for seven days, says his son isn't sure why he's getting so much attention.

North Bay couple Rick Moynan and Lynne Carmody, who are both in their 60s, walked out of the forest virtually unscathed as crews were thinking about ending an extensive search on Sunday.

Bob Moynan said he spoke with his son on the phone hours after he was told that the search might be suspended.

"He says, 'We didn't know what all the fuss was about,'" said Moynan from his home

near North Bay.

"I said, 'Well Rick, think about it. You were due back for dinner on Monday night at five o'clock, and you're seven days late.'"

Moynan and Carmody were on a day hike near a lodge where they were staying in Cathedral Provincial Park when they got lost last Monday.

They managed to survive by staying close to water and building themselves a shelter.

The couple was exhausted and bruised when they left their shelter and stumbled upon rescuers after spotting a helicopter. They were taken to hospital for a precautionary assessment.

Bob Moynan said his son has a fair amount of outdoors experience, and Carmody's now-deceased longtime husband worked in search and rescue. He said the ordeal was "terrible" for his family, but he never gave up hope.

"It's almost a miracle that they could survive seven days and be able to be healthy enough to have been able to walk out. So we're just terribly, terribly grateful that it's over, and we've all learned something." THE CANADIAN PRESS



**I said, 'Well Rick, think about it. You were due back for dinner on Monday night at five o'clock, and you're seven days late.'**

Bob Moynan, father of Rick Moynan

TRANSPORTATION

## Planes need kid restraints: Board

The Transportation Safety Board wants specially designed seat belts to be mandatory for babies and children on commercial flights to prevent them from "becoming projectiles" or dying in otherwise "survivable" accidents.

The recommendation to Transport Canada stems from an investigation into a 2012 plane crash in Sanikiluaq, Nunavut, which claimed the life of six-month-old Isaac Appaqaq, who was not restrained by any device or seatbelt.

Kathy Fox, chairwoman of the transportation board, said a parent's arms aren't enough to protect a child during severe turbulence or a crash.

"Adults are not strong enough to adequately restrain an infant just by holding on," she said at a news conference Monday.

"Research has proven it. It's time to do right by our children. They deserve the same level of safety."

The investigation found the Fairchild Metro twin-engine aircraft — which was attempting

to land for the second time — was flying "too high, too steep and too fast."

Eight other people on board the Perimeter Aviation charter, including the pilot and co-pilot, survived.

It doesn't make sense that babies and children are required to be harnessed into vehicles in specially designed seats while nothing is required when they board a plane, Fox said.

Transport Canada has 90 days to respond to the recommendation. THE CANADIAN PRESS

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# The 'sorry' state of Canadian manners

We're really sorry, but could we beg your pardon? We know you're probably busy, but, honestly, this will only take a couple minutes. We were just hoping — and please forgive us for this — to discuss our nation's collective impulse to apologize.



**Thandi Fletcher**  
Metro | Vancouver

There's a joke that asks: "How do you get 200 Canadians out of a swimming pool?" The answer: "Please get out of the swimming pool."

Canadians are famously polite — so much so that their reflexive use of the word "sorry," even when their behaviour doesn't warrant it, has become as closely identified with this nation as hockey, maple syrup and poutine. Someone bumps into a Canadian on a sidewalk, and no doubt, the Canuck is apologizing for getting in the way.

Canadian actor and comedian Colin Mochrie poked fun at the stereotype in a satirical segment on the show *This Hour Has 22 Minutes*, apologizing to all Americans by saying: "On behalf of all Canadians, I'm sorry that we're constantly apologizing for things in a passive-aggressive way, which is really a thinly veiled criticism."

With little data to support the stereotype, however, is there any truth to the perception of Canadians as a nation of apologetic people — and if so, why are we all such a sorry bunch?

As a Canadian living in California, Stanford University psychologist Karina Schumann said she is often confronted with Americans' perception of the profoundly "polite Canadian."

"Everyone I meet is like, 'Oh, I love Canadians! You guys are so polite. You say sorry all the time,'" she told Metro.

"They seem to notice it, while Canadians might comment on Americans being unapologetic, perhaps."

While she's unaware of any

research to back up the stereotype, Schumann is an expert on apologies. As a doctoral student at the University of Waterloo four years ago, she researched gender differences in apology behaviour.

Through a study that polled subjects on hypothetical offence scenarios, she discovered that, although men and women reported the same proportion of offences, women felt more transgressions were deserving of an apology and would be more likely to say sorry.

In essence, women apologize more than men.

If the Canadian stereotype is true, Schumann said, the behaviour might be based on many of the same reasons that women say sorry more frequently than men.

"It could be that we're focused on being polite, kind of brought up in that type of environment, and it goes along with other polite behaviours," she said. "We're all taught to say sorry from a young age. Our parents teach us when we're babies to say sorry to other kids and to our siblings. It's kind of ingrained in us."

In her gender research, one of the study samples included Americans. Although she didn't compare the sample with her Canadian data, Schumann said the same patterns emerged from both, suggesting that, if there is a difference in apology behaviour between the two nations, "it's probably smaller than everybody believes it to be," she said.

McGill linguistics professor Charles Boberg theorized that Canadians' tendency to apologize too much could perhaps be

traced to their British roots and a required "sense of accepting one's place in the social system and being a 'decent chap' above all things."

"The tendency to apologize

probably fits well with the Canadian self concept because it suggests a polite, decent, self-effacing sort of person, similar to how many people

think of the British or the Danes," he said in an email. "Whereas the Canadian stereotype of Americans is that they are, by

contrast, brash, aggressive and self-important."

Still, Boberg warned against reinforcing national stereotypes that have no research to support them. He said some stereotypes, like Muslims being more prone to terrorism, could be harmful for the way they distort perceptions of entire groups.

Boberg pointed out that it seems many national stereotypes, like Americans being "boorish," Japanese "inscrutable" or Germans "domineering," are often levelled at the world's "most successful" civilizations.

"Is this just a manifestation of the jealousy of second-best cultures toward those who dominate them? Hard to know," he said. "All in all, I think it's hazardous to dabble in national stereotypes, even if the 'victims' of stereotyping are the world's most powerful and successful nations."

But Schumann counters that Canada's reputation for being overly polite isn't necessarily a bad thing.

"People make fun of us I guess for being overly polite," she said. "I think most of the time we make fun of ourselves, but it's better than being made fun of for being rude."

If she had to pick one, Schumann said she'd rather stick to the sorry side.

"I'm proud to be Canadian," she said. "Apologizing is ultimately a positive behaviour that leads to harmonious interactions and all kinds of positive outcomes."

Now, if only we could stop apologizing for being so polite, eh?

## Great moments in Canuck remorse

### 1 1986: MP admits "accidental" eavesdropping

In 1986, Tory MP Erik Nielsen, then deputy prime minister, apologized in Parliament for eavesdropping on Liberal party meetings in 1966. He explained during an interview in 1973 that "there was a method by which we knew every Wednesday what was said in the Liberal caucus, word for bloody word." Apparently, crossed wires in an intercom system had allowed him to listen in.



### 2 2002: Chrétien government regrets aide's diss against George W. Bush

"What a moron." Those were the words from Jean Chrétien's communications director, Francoise Ducros, that prompted the prime minister to publicly compliment the intelligence of his U.S. counterpart. "He is a friend of mine. He's not a moron at all," Chrétien said. A few months later, Carolyn Parrish, a staunch anti-Iraq war Liberal MP, was forced to say sorry after being overheard calling Americans "bastards" following a press scrum.

### 3 2012: Maple Leafs say sorry for another dismal season

Another year, another missed playoff run. In April 2012, at the conclusion of a season that saw the dismissal of coach Ron Wilson following a spirit-crushing losing streak, MLSE chairman Larry Tanenbaum published an open letter to fans, apologizing for falling "short of everyone's expectations." It worked (sort of): the Leafs made the post-season the next year but were eliminated by the Boston Bruins in the first round.



### 4 2013: Rob Ford cops to smoking crack cocaine, expects apology to suffice

"Yes, I have smoked crack cocaine," Ford told reporters in November 2013, six months after denying using drugs. "Am I an addict? No. Have I tried it? Probably in one of my drunken stupors, probably approximately about a year ago. I answered your question. You ask the question properly, I'll answer it. Yes, I've made mistakes. All I can do now is apologize and move on."



**The tendency to apologize probably fits well with the Canadian self concept because it suggests a polite, decent, self-effacing sort of person.**

Charles Boberg,  
linguistics professor,  
McGill University





## DETROIT

## Mom pleads guilty to killing her kids

A U.S. woman pleaded guilty Monday to killing two of her children and storing their bodies in a home freezer, telling a judge that she had no remorse for beating and suffocating them.

Mitchelle Blair, 36, of Detroit, Michigan, has never challenged allegations that she killed her 13-year-old daughter and nine-year-old son. She pleaded guilty to first-degree murder without any deal with prosecutors — an extraordinary move — and said she would have accepted the death penalty if the state of Michigan had it.

Blair was arrested in March, after deputies carrying out an eviction at her apartment found the bodies of her children in a deep freezer. She said she attacked the children months apart in 2012 and 2013.

Blair said she intended to kill

her daughter, Stoni Blair, but didn't know the abuse of her son, Stephen Berry, would be fatal. Blair alleged the children had sexually abused a sibling, though she said she didn't witness the alleged assaults and didn't get police involved because she feared she would lose her other two children.

Mental health experts had found Blair competent to face charges. She faces life in prison with no chance for parole.

THE ASSOCIATED PRESS



**I don't feel no remorse for the death of those demons.**

Mitchelle Blair

## GAZA BLOCKADE

## Israeli navy catches Swedish activist ship

Israel's navy intercepted a Swedish vessel attempting to breach a naval blockade of the Gaza Strip early Monday and brought it to an Israeli port, where it said the foreign activists would be questioned before they are sent back to their home countries.

The military said that after exhausting all diplomatic efforts, the government ordered it to block the vessel. Israeli naval forces boarded the Marianne and searched it in international waters without needing to use any force, the military said.

The ship was carrying about 20 activists, including Israeli Arab lawmaker Basel Ghattas and former Tunisian President Moncef Marzouki. Three other ships that were part of the original flotilla reversed course before encountering the Israeli navy.

The Israeli military issued a statement Monday night saying the vessel had arrived at the Ashdod port. "The vessel and crew members are now being transferred to the appropriate

authorities for immigration and deportation processing," it said.

Interior Ministry spokeswoman Sabine Haddad said it could take a few days to deport them, depending on available flights.

The Freedom Flotilla group posted a photo on Twitter apparently showing a group of its activists on a ship.

Petros Stergiou, a member of flotilla's media team in Athens, said the group would continue its acts of protest until the blockade of Gaza was lifted.

"Once again, the Israeli state commits an act of state piracy in the Mediterranean Sea," he said. "The government continues this policy of non-tolerance, which means that it will continue to enforce the collective punishment against the 1.8 million people in Gaza."

Israel has maintained a blockade of Gaza since Hamas militants took power in 2007, following Hamas's electoral victory in 2006. THE ASSOCIATED PRESS



Police stand over David Sweat after he was shot and captured near the Canadian border, Sunday, in Constable, N.Y.

THE ASSOCIATED PRESS

# Two escapees were walking to Canada

## UPSTATE NEW YORK

## Pair split up after ride to Mexico bailed

Two convicted murderers who eluded a massive manhunt for three weeks planned to drive to Mexico after escaping prison but ended up walking toward Canada when their ride backed out — finally splitting up in their final days of freedom, Gov. Andrew Cuomo said Monday.

David Sweat, 35, was hospitalized in serious condition after being shot twice in the torso by a trooper and captured Sunday

near the Canadian border. Cuomo said Sweat has begun providing information about his audacious escape from the maximum-security Clinton Correctional Facility on June 6 with Richard Matt and their weeks on the lam. Matt was killed by officers on Friday.

Prosecutors have previously said prison tailor shop employee Joyce Mitchell got close to the men and agreed to be their getaway driver but backed out because she felt guilty. Authorities also have said they discussed killing Mitchell's husband, matching the newly detailed account provided by Cuomo on the Capitol Pressroom radio program.



**(David) Sweat felt that (Richard) Matt was slowing him down.**

Gov. Andrew Cuomo

"They would kill Mitchell's husband and then get in the car and drive to Mexico on the theory that Mitchell was in love with one or both of them," the governor said. "When Mitchell doesn't show up, the Mexico plan gets foiled, and they head north toward Canada."

Matt and Sweat apparently

spent more than two weeks together roaming the thick northern New York woods. Authorities believe they travelled mostly at night and managed to procure food, a gun and other supplies from hunting camps and seasonal cabins.

Cuomo said the two men split up about five days ago. Matt had blisters on his feet and Sweat thought his 49-year-old escape partner was holding him back.

Sweat was captured Sunday in town of Constable, about 30 miles northwest of the prison, after Sgt. Jay Cook spotted him while on routine patrol. Cook shot Sweat as he fled toward a stand of trees. THE ASSOCIATED PRESS

## WEATHER

## Spain, Portugal issue heat warnings

Spain and Portugal both issued weather alerts Monday, advising residents to take extra care as temperatures soared above 40 C in some southern areas.

The Iberian Peninsula was sweltering in a heat wave brought on by a mass of hot air flowing north from Africa to Europe in recent days, though recorded temperatures fell shy of the day's forecast of a maximum 44 C.

With the temperature in Cordoba hitting 41 degrees Celsius, Spanish authorities

placed the southern city on alert due to "extreme risks" from the heat. People across the southern half of Spain flocked to beaches, swimming pools and fountains.

In Portugal, a high of 37 C was recorded in the eastern city of Beja, while the capital, Lisbon, sweltered in 35 C heat. Portugal's General Directorate for Health recommended staying out of the sun between 11 a.m. and 5 p.m.

Iberia is forecast to start cooling down on Tuesday when the heat wave is due

to move into northern Europe, including the United Kingdom.

Portuguese authorities also warned of a high risk of forest fires in wooded areas of central and northern Portugal.

Official statistics show that after an uncommonly dry winter and spring, almost 54 per cent of the Portuguese mainland was enduring extreme or severe drought at the end of May. With little rainfall in June, that percentage is expected to rise.

THE ASSOCIATED PRESS



Children play as they cool down in a fountain in Madrid, Spain, Monday. ANDRES KUDACKI/THE ASSOCIATED PRESS

## IN BRIEF

### Mob kills school director after bodies found

Police are investigating the mob killing of a school director in northern India after two of the school's students were discovered dead, officials said Monday.

The mob attacked the boarding school's director on Sunday after the bodies of two boys aged 10 and 11 were found in a nearby

pond, Nalanda district police Superintendent Sidhartha Kumar Jain said.

The students had disappeared a day earlier from the school grounds, and villagers accused school staff of killing them and dumping them in the pond. Autopsies later showed the boys had drowned.

THE ASSOCIATED PRESS



# Greeks swarm closed banks

## ECONOMY

**Today is the deadline for the country to repay \$1.8B US**

Anxious pensioners swarmed closed bank branches Monday, and long lines snaked outside ATMs as Greeks endured the first day of serious controls on their daily economic lives ahead of a July 5 referendum that could determine whether the country has to ditch the euro currency and return to the drachma.

As strict capital controls took root following Prime Minister Alexis Tsipras' surprise weekend decision to call a referendum on international creditors' latest economic proposals, Greece's population tried to fathom the sheer scale of the impact on their day-to-day existence.

Following a breakdown in talks between Greece and its creditors, the country is in the midst of the one of the most acute financial crises seen anywhere in the world in years. It's running out of time to get the money it needs to stave off



**A supporter of the No vote in Greece's upcoming referendum on the international creditors' latest economic proposals holds an old 1,000 drachma bank note during a rally Monday in the northern Greek port city of Thessaloniki.** GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

bankruptcy.

That has stoked fears of a crippling bank run, a messy Greek debt default and an exit from the euro. As a result, the country's government imposed strict capital controls, none more onerous than a daily allowance of 60 euros (\$67 US) from the ATM.

The sense of unease was palpable among the crowds of pen-

**"I don't have a card. I don't know what's going on. We don't even have enough money to buy bread."**

Retiree Anastasios Gevelidis

sioners who lined up outside bank branches, hoping they might open. Many elderly Greeks don't have ATM cards and make cash withdrawals in person — and so found themselves completely cut off from their money.

"I came here at 4 a.m. because I have to get my pension," said Anastasios Gevelidis, 74, one of about 100 retirees waiting

outside the main branch of the National Bank of Greece in the country's second-largest city of Thessaloniki.

"I don't have a card. I don't know what's going on. We don't even have enough money to buy bread," he said.

The capital controls come ahead of a big \$1.8-billion US payment Greece has to make to the International Monetary Fund (IMF). It's unlikely to be able to pay that without financial assistance.

Greece's bailout program with its European creditors officially expires Tuesday, meaning the country will not have access to any of the money still available if it doesn't secure a deal.

For months, the left-wing-led Greek government, elected in January on a promise to bring an end to the hated austerity that it blames for an acute economic recession, has failed to agree on a package of spending cuts and reforms demanded by creditors in exchange for access to the remaining \$8.1 billion US in rescue loans.

Credit and cash card payments have not been restricted; however, many retailers did not accept card transactions Monday. THE ASSOCIATED PRESS

## IN BRIEF

### CRTC fines Porter Airlines

Porter Airlines has been fined \$150,000 for violating the CRTC's anti-spam legislation.

The CRTC says the Toronto-based airline has agreed to pay the fine for sending emails without an unsubscribe button or one that was clearly labelled.

The federal regulator says Porter was also unable to provide proof of consent from each email address that received its commercial emails.

The CRTC says the violations took place between July 2014 and April 2015.

THE CANADIAN PRESS

## market minute

|  |  |
|--|--|
|  | <b>DOLLAR</b><br>80.70¢ (-0.50¢)       |
|  | <b>TSX</b><br>14,490.15 (-317.94)      |
|  | <b>OIL</b><br>\$58.46 US (-\$1.17)     |
|  | <b>GOLD</b><br>\$1,178.90 US (+\$5.70) |

**NATURAL GAS:** \$2.805 US (+3.2¢)  
**DOW JONES:** 17,596.35 (-350.33)

## TECHNOLOGY

# High price of first cellphones in Canada 'worth it,' says man

Victor Surerus says the \$2,700 he paid for his first cellphone 30 years ago was worth every penny.

It was July 1985 and Surerus says he needed the phone to help run his business as a travelling funeral director out of Peterborough, Ont. The phone attached to an aerial in his car and came with its own carrying bag.

He says his contract with Bell made him the first cellphone customer in Canada, and that honour didn't come cheap. In those early years, his annual bills amounted to roughly \$10,000.

"This way you had the freedom of doing things and you weren't tied down," he said from his home in Roseneath, Ont. "The price was high to pay for it, but it was worth it."

Cellphones debuted in Canada with a call between Art Eggleton and Jean Drapeau, then the mayors of Toronto and Montreal respectively, on July 1, 1985.

The regional monopolies that dominated the telephone industry in the early 1980s were concerned mobile phones would disrupt their grip on the market.

Francis Fox, then the federal minister of communication, said the phone companies would defend their turf by saying their industry was heavily regulated and the CRTC was there to pro-



**Victor Surerus poses for a photo at his farm in Roseneath, Ont., on Wednesday with the first cell phone in Canada.**

FRED THORNHILL/THE CANADIAN PRESS

tect the consumer.

"Their great line was always, 'If it ain't broke, don't fix it,'" he said.

Fox and his team awarded the rights to the first private cellphone network to an upstart company that later became one of the three dominant players in Canada's wireless sector: Rogers.

Rogers Wireless executive vice-president Raj Doshi joined the company in 1989, when it was still Cantel AT&T and mobile telephones were still a luxury item.

"When you talk about competitive intensity, it was very much around getting people aware of the proposition versus the pure competitive intensity

between the two of us," he said.

Wade Oosterman, now president of Bell Mobility, remembers it differently. In the mid-1980s he worked with George Cope, now Bell's CEO, getting Clearnet Communications Inc. off the ground, which was later bought by Telus.

"It was competitive right from the get-go," he said. "The cost of building out Canada is extraordinarily high."

The high price of cellphones eventually fell as technology advanced. Networks matured and new competitors entered the market, while others were snapped up by the big three incumbents. THE CANADIAN PRESS

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## the big number



**IS THE PORTION OF CANADIANS who correctly answered that 1965 was the year the country adopted its current flag. Ancestry.ca gave 1,000 Canadians a multiple-choice quiz with questions like "Who was Canada's first Prime Minister?" (75 per cent guessed Sir John A. Macdonald), and "What was the official flag prior to the Red Maple Leaf?" (64 per cent knew it was, de facto, the Union Jack). Though all but three per cent could identify a picture of Terry Fox, a third couldn't name the year of Confederation (1867), and only about half knew the four original provinces (Nova Scotia, New Brunswick, Ontario and Quebec), lending credence to the oft-repeated complaint that Canadians are ignorant of their own history and symbols. SOURCE: ANCESTRY.CA**

# Helmets are just one part of cycling safety

## YOUR RIDE

**Kathryn Hunt**



It seems that every time there's news of a cyclist being injured or killed, the first thing we learn, after the person's age and sex, is whether or not they were wearing a helmet. People who talk about "reckless" cyclists point to the lack of a helmet as a sign that they don't care about their own safety. But too much focus on helmets can shift blame and responsibility onto cyclists and create an unrealistic notion that if only all cyclists wore them, they'd be safe from harm.

It's true that head injuries were involved in about half of the fatalities studied by the Ontario Coroner's Office in their 2012 study of cycling deaths. In a third of the deaths, a head injury was

the only cause of death, and "those whose cause of death included a head injury were three times less likely to be wearing a helmet than those who died of other types of injuries."

Which means that if you're killed on a bike and weren't wearing a helmet, it's likely, statistically, that it will be a head injury that kills you. But you could just as easily be killed by something else entirely and, in fact, two-thirds of the deaths studied involved injuries to other parts of the body. If you are hit and dragged under a truck, a helmet will do nothing to save you.

A helmet also only comes into play once the collision has already taken place. It won't prevent the accident, which could be due to inattention or rule-breaking by drivers or cyclists, poor visibility, adverse conditions or poor road design.

Focusing on helmets when we talk about bike safety can lead to policy-makers deciding that mandatory helmet laws — the extremely low-hanging fruit of cycling safety — are enough.

In fact, there have been studies suggesting that helmet laws actually deter average people (especially youth) from cycling, without greatly improving safety. At least one study also suggests that drivers will actually be more courteous around a cyclist who is not wearing a helmet, because they appear more vulnerable.

A helmet is not a magic amulet that will prevent someone from being hit by a car, and it shouldn't be the first (or only) line of bike defense. The conditions that cause collisions exist whether your head is encased in Styrofoam or not. They're where the focus should be when we talk about cycling safety.

**Focusing on helmets when we talk about bike safety can lead to policy-makers deciding that mandatory helmet laws — the extremely low-hanging fruit of cycling safety — are enough.**

**Kathryn Hunt** @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.

## ROSEMARY WESTWOOD

metroview

## An American's introduction to a Canadian classic

"I want to see a moose."

That became the running joke from the moment C.

— my American boyfriend — arrived for a visit last month. It was his answer to anyone who asked what he wanted to do in Canada, punctuated with a mischievous glance at me.

It was funny, sure, but I also took it as a bit of a slight. I wondered if, at some level, he really did think seeing a moose (or jumping onto one, as one drunken idiot recently did) was an important Canadian experience. The wilderness equivalent of poutine (also on his list). "Oh, ya. For sure, eh?" became a regular refrain in our apartment, and I worried about what he really thought of Canada.

So, I tried to educate a man who'd, in his defence, had little reason to think of us. You know, dental isn't covered by health care, I informed him. We talked about the residential school history. With an election brewing, politics popped up.

But, talking to an American about politics is like talking to a Canadian about winters. Naturally, we turned to American politics, and I had the odd meta experience of being a Canadian watching an American watch a Canadian talk about Hillary Clinton (takeaway: Who the hell are we to judge her?).

Now that C.'s time in Can-

ada is winding down, I asked what he made of Canadians. He paused.

"Everybody's into being fit," he offered. "Big into manners — but kind of stiff. (They) like to drink. Big into doing the right thing, it seems."

"Like Americans, if they sobered up and leveled out. The cousin you'd call to come pick you up if you were wasted."

Doesn't sound so bad to me. Being known for wildlife, winters, and niceness only seems irritating out of context. Compare that to being known for a possible run on the banks (the Greeks), a civil war (the Syrians), a national arrogance (the French, right or wrongly) or a repressive communist government (the Chinese).

Plus, it's not actually hard to see a moose. All it takes is a short drive to the Toronto Zoo, where, in what's called the Canadian Domain, there are lynx, grizzly bears — and in the furthest possible pen, two moose.

They were laying down as far away from C. and me as possible, and didn't even have antlers. Of the two of us, I was clearly the more disappointed.

I sighed. "So, do you understand Canadians better?"

"Oh, ya. That pretty much clears it up for me," he said in a deadpan tone. "Saw a moose."

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**PHILOSOPHER CAT**  
by Jason Logan

WE ARE  
NOT HYPOCRITES  
IN OUR SLEEP.





**"When do you think your writer's block will kick in? Signed Ev R Hopeful"**

## URBAN ETIQUETTE ELLEN VANSTONE



### The question What is life beyond the pursuit of goals?

has plagued mankind for millennia — I say MAN-kind because the discussion has mostly been dominated by male philosophers, possibly because the women were too busy doing the housework. But believe me, every human being with half a brain and a moment to spare has pondered the human condition — only to discover that, unlike other human conditions such as indigestion and dandruff, the human condition has no cure.

The trick is to manage the symptoms. Confusion about what to do with your life, uncontrollable events messing up your plans, feeling alone in the universe while everyone else seems to know exactly what they're doing — just raising the questions and talking about them, as you have done, is a good first step.

The second step is to

share your misery. Humans are social animals, and while we can't solve life's big questions, we can at least help each other through the bewildering business of living.

I'm a big proponent of psychotherapy, which is



basically just learning to listen to your true self, and become a more self-aware human being. But keep in mind that "psychotherapy" comes in many forms.

Some people find it via their religious communities (but not the fanatical fundamentalist kind, please).

Others learn and grow by talking and (just as important) listening to close friends, trusted relatives and solid workmates.

I know this sounds vague and frustrating, but actively seeking happiness is like trying to conjure up a half-remembered dream — the more you chase it, the faster it evaporates.

Direct your energies to what you can do: tidy up, do the dishes, keep putting one foot in front of the other, and trust that life is worth living, one day at a time.

If nothing else, you'll have a clean house.

**Need advice? Email Ellen at [scene@metronews.ca](mailto:scene@metronews.ca)**

## FOOD

### Seasonal recipes at home

Sarah Britton's food transformation started when she ate a tomato picked from a vine that was packed with more flavour than anything she'd ever tasted.

She chronicles that discovery and subsequent journey to a plant-based diet in her new book *My New Roots* (Appetite by Random House).

"Eating healthily doesn't have to be boring or associated with sacrifice," she said. "When you eat this way you don't have to count calories."

Now 32, Britton says she was overweight when she was younger and often berated herself for her food choices.

"I spent so much energy feeling really bad about what I was eating. Now I feel so free from that because I can eat whatever I want whenever I want," said the Copenhagen-based author during a return visit to Canada.

Growing up in Toronto, Britton ate processed, packaged and sugary foods — "my parents didn't love cooking." After graduating from design school in Montreal, an interest in the environment inspired her to attend a five-week workshop on organic farming in Arizona. The five weeks turned into a year.

Back in Toronto, she studied at the Institute of Holistic Nutrition and became a Certified Nutritional Practitioner. When she moved to Copenhagen, she started her *My New Roots* blog.

Her debut book, which ranges from simple recipes to long-term food projects, stemmed from that. THE CANADIAN PRESS

## IN BRIEF

### Dogs being trained to hunt truffles

The growing appetite for truffles is feeding demand for dogs trained to sniff out the pungent fungus, prized by chefs and foodies.

As more landowners plant orchards in hopes of har-

vesting truffles, more dogs are being trained to detect the earthy delicacies, which take several years to ripen on tree roots underground.

"There is huge demand for truffle dogs right now," said Alana McGee, co-founder of the Truffle Dog Company,

which helps orchard owners search for truffles and trains dogs how to find them. Lolo is an Italian breed commonly used to hunt truffles, but McGee said any dog can be trained.

In Europe, truffle hunters traditionally used pigs, but in

recent years the job has gone to the dogs, which are easier to manage, less conspicuous and less likely to eat the tasty tubers or bite a hand trying to snatch one from its mouth.

Known as the diamonds of the culinary world, most black truffles come from

Europe or Australia and cost \$800 to \$1,200 per pound, but supplies are shrinking while appetites are expanding worldwide, said Robert Chang, chief truffle officer of the American Truffle Company.

THE ASSOCIATED PRESS



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## RECIPE

# Bake Anne's basic loaf

**Yield:** Makes 3 loaves

**Ingredients**

- 1 tsp sugar
- 1 Tbsp traditional yeast
- 1 Tbsp salt
- 4 cups + 1/4 cup (for yeast activation) warm water
- 9 cups all-purpose flour
- 1 egg (for glazing)

**Directions**

**1.** In a small bowl, combine the yeast, sugar and 1/4 cup of warm water. Stir just to combine and allow to stand for 10 minutes until it has activated. You'll know the yeast is ready when little islands of foam form on top of the mixture. In the meantime, put the salt (and, if you're using it, dough enhancer) into a large bowl. Pour in the remaining 4 cups of warm water and stir to combine.

**2.** When the yeast mixture has activated, stir it into the large bowl of water and salt. Slowly add 6 cups of the flour, working it into the liquid mixture until you have a sticky dough. Once everything has come together, pour the dough onto a lightly floured work surface and knead in the remaining 3 cups of flour. When the flour is completely incorporated, knead the dough for about 8 minutes until it becomes elastic and smooth. If the dough is wet after kneading it for a few minutes, lightly work in a little more flour. When the dough no longer sticks to your hands, place it in a large, lightly-oiled bowl, cover it with plastic wrap or a clean tea towel and let it rise in a warm, draft-free space for 1 1/2 to 2 hours, or until it has at least doubled in size. It should not spring back when poked.

**3.** Gently punch down the dough and divide into 3 equal pieces. Roll each piece into a rectangle approximately the size of your bread pan. Tuck excess underneath to form a parcel.

**4.** Place each parcel of dough into a lightly buttered loaf pan, seam down. In a small bowl, whisk the egg and gently brush it over each loaf. Cover the loaves with plastic wrap or a clean tea towel and let them rise for 45 minutes to 1 hour, until the dough reaches about 1 1/2 inches from the top of the pan, and the corners have filled in. Pre-heat your oven to 375°F.

**5.** Bake for 30-35 minutes, until the tops of the bread are brown. Remove from pans immediately and allow to cool on a wire rack. Bread will keep on the counter in a bread bag or box for 5 days. Freeze additional loaves.

**Ann Kerekes**



The NFB film titled *Bread* follows six women whose spirits rise alongside their homemade dough, as they share recipes and stories. ALL PHOTOS: CONTRIBUTED

# Bread breaks barriers

**DOCUMENTARY**

## Film shows how different cultures bond over baking

**Megan Haynes**  
For Metro

Bread (or naan, or bannock) is one of those rare foods that's shared by most cultures, says Mariette Sluyter. That realization came as she was working with a non-profit organization in Calgary trying to reduce social isolation among seniors.

A truism of society has always been that cultural groups tend to stick together, and as seniors age, those groups dwindle, she says. To expose older folks to new people, she wanted a way to bring different cultures together.

"So we got a group of ladies together who were from diverse backgrounds ... and we asked them to bake some bread," she says

Sluyter and the National Film Board have turned that process into a new interactive documentary launching on Canada Day. Titled *Bread*, the doc follows the lives of six women as they make their favourite recipe, with DIY instructions for those who want to try their hand at making some home-

made dough. It's a bid to break down generational and cultural barriers, says Sluyter, the creator and writer of the film.

"It's this active thing you do with your hands, and it takes time (to wait for the yeast to rise and to bake it)," says Sluyter. "The waiting time was the magic time when ladies would share stories."

Sluyter recalls one situation where two participants learned they lived near each other growing up. "Carrie (Sheen) — who is Cree — explained how at the time it was illegal to farm on the reserve," Sluyter says. "Vera (Kalmakoff, who lived nearby) had always believed the racist stereotypes that it was sheer laziness that they didn't farm. There was a breaking down of barriers — a moment when you could see Vera shift (her opinion) and you could see Carrie recoup some of the dignity that had been lost due to systemic racism."

In 2011, Sluyter approached Teri Snelgrove, associate producer with the NFB, with an idea to document that "magic time." Before long, microphones and cameras were out in full force.



**To this day, if I smell bread, I'm connected with my past in a really strong way**

Teri Snelgrove,  
associate producer with the NFB



**Mariette Sluyter, creator of *Bread***

Bread, Sluyter says, is a metaphor for humanity: The same ingredients go in (wheat, yeast and water), but something different tends to come out depending on where you were raised.

There are a number of other foods that many cultures share, says Sluyter. "But bread has a visceral response for us as human beings."

Bread elicits nostalgia, adds Snelgrove. "I remember that feeling of being a little kid — the smell, my nanny sawing off a huge slice and slathering it with margarine and black sap molasses," she says. "To this day, if I smell bread, I'm connected with my past in a really strong way."

While the smell of bread may bring back memories of grandmothers or

mothers kneading bread, Sluyter hopes her new film will encourage a younger audience to make their own memories.

"I must have been 11 years old when I started (baking) bread with my mother," says Anne Kerekes, now 89, who was featured in the film. "It's always better than the bread you buy — crisper crust, tastier, and it doesn't cost as much as buying it."

The Calgarian — by way of Hungary — taught her granddaughter Natalie Muyres, 42, how to raise a loaf as well. "I don't have a memory that doesn't include being in the kitchen with my grandmother," Muyres says. "It's part of my heritage."

But not all kids today have that same experience. "We took the ladies (featured in *Bread*) into some elementary school and in some classrooms, heartbreakingly, at least 50 per cent of the kids had never had homemade bread," she says. "We've become so reliant on the industrialized food systems, we can't even make something that's so central to (so many) cultures."

But, Sluyter says there's hope. While many of the ladies bemoaned that their own children or grandchildren didn't always have an interest in baking, the online space has opened up a new world of possibilities. "There are kids and younger generations that want to hear (how to make bread)," she says. "So what these women have done is step into this version of being a digital elder. (The) elderly have knowledge to impart, and we risk losing out own culture if we don't partake in that knowledge."



# Canada's battle for the maple leaf

RED AND WHITE

## Celebrating 50 years of the Canadian flag as we know it

Andrea Janus  
For Metro

A sea of bright red maple leaf flags may be a typical sight during Canada Day celebrations today, but this country's national symbol almost didn't survive the heated debate preceding its creation 50 years ago.

In fact, a beaver, a moose or a gaggle of geese could very well have ended up adorning our flag if some Canadians had their way.

So just how did that red-and-white flag with the flawlessly shaped maple leaf come to be?

You could say it was the perfect union between the most Canadian of nature symbols and royal tradition, says Rick Archbold, author of *A Flag for Canada*.

Red and white had been Canada's national colours since 1921, when George V granted Canada its own coat of arms.

Long before then, the maple leaf had been an unofficial national symbol dating back to the early 1800s, when the Saint-Jean-

Baptiste Society hailed it as "the king of the forest" and a symbol of the Canadian people, according to Archbold.

Later, during the First World War, most Canadian soldiers, then fighting under the Union Jack, wore maple leaf pins or badges to set themselves apart, earning them the nickname the Maple Leaves.

"It's convenient that the maple leaf turns red in the fall, when we are most vividly aware of it, but it also happens that Canada's official colours are red and white," Archbold says. "How perfect is it that nature and tradition combine?"

The maple leaf may be forever, so the song goes, but its inclusion in the flag was never a sure thing.

Canada informally adopted the Red Ensign — the original British Royal Navy flag dating back to the 17th century, featuring the Union Jack — as its unofficial flag sometime around 1870.

When William Lyon Mackenzie King tried (twice!) to set up parliamentary committees to study whether Canada should have its own flag, loyalty to the Union Jack was too strong and he abandoned his efforts. During a second crack at finding Canada's flag in 1945, more than 2,400 designs were submitted by the public. Of those, 67 per cent included maple leaves, 16 per

cent featured a Union Jack, and five per cent featured beavers.

When Prime Minister Lester B. Pearson reignited the flag debate in the early 1960s, he faced the same opposition as Mackenzie King years before.

"So you're basically down to, 'Do we take a version of that flag with the Union Jack on it or do we get rid of the colonial symbols and design a flag that's simply Canadian?'" Archbold said.

Months of acrimonious debate followed, with former prime minister John Deifenbaker arguing for a design that included the Union Jack, while others dismissed the maple leaf as a trivial symbol.

George Stanley, dean of arts at the Royal Military College at the time, submitted the design that became the flag we know today in 1964. Graphic artist Jacques Saint-Cyr designed the 11-point leaf, sized and placed for maximum effect when the flag is blowing in the breeze.

Finally, in the early morning hours of Dec. 15, 1964, after six months of debate, parliamentarians voted to adopt the design 163 to 78. On Feb. 15, 1965, the flag was hoisted over Parliament Hill.

"Some would argue that it was one of Pearson's greatest accomplishments," Archbold said. "It's hard to imagine the country that we've become without that flag."



Parliament Hill fireworks on Canada Day. JOEY PANETTA/ONTARIO TOURISM MARKETING PARTNERSHIP

### CELEBRATE

## What to do on Canada Day

The National Capital Region is the place to be to celebrate Canada's 148th birthday on July 1st. Here is what's happening this Canada Day:

### Ottawa's official Canada Day celebration

Parliament Hill, Major's Hill Park and Jacques-Cartier Park are home to Ottawa's official Canada Day celebrations. Each site offers a number of free activities throughout the day, including performances by Magic!, Francesco

Yates and Gord Bamford, and culminating in an amazing fireworks display.

### Museums

Museums are free of charge on Canada Day. For a full list of museums and programming, visit [canadaday.gc.ca](http://canadaday.gc.ca).

### National Arts Centre (NAC)

The National Arts Centre (NAC) offers a full slate of free, family-friendly activities and concerts.

### Canada Day in Kanata

One of the largest Canada Day celebrations in the region, this free event offers musical performances, a family fun zone and even a Pan Am 2015 Torch Relay ceremony.

### TD Ottawa Jazz Festival

Enjoy free, live music all day long in Confederation Park,



Ottawa Jazz Festival. PETER JURANKA PHOTO

courtesy of the TD Ottawa Jazz Festival.

### Scotiabank Canada Day Road Races

Cheer on the runners at the annual Scotiabank Canada Day Road Races, presented by Bushtukah. Founded in 1987, the race aims to give runners the opportunity to kick off their celebrations with a race through the streets of Old Kanata.



Ottawa

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# BBQ the smell of Canada Day

## BE A GRILL MASTER

**What's the key to the perfect barbecue? The temperature and patience, says the expert**

**Matt Kwong**  
For Metro

The screech and crackle of fireworks. Parliament Hill awash in red and white. A scorching July afternoon. They're the familiar sounds, sights and feelings of Canada Day.

But what does our national holiday taste like?

Think perfectly char-marked burgers, smoked briskets and caramelized fruits and veggies hot off the grill.

Canada Day is the most popular day of the year to break out the barbecue, according to a recently released annual Weber Canada GrillWatch survey.

It's easy to explain why, says chef Michael Clive, who runs the grill academy at Weber's

Vaughan, Ont. office.

"People want to get outside after a dreary, cold, long winter," he says. "When I smell that charcoal on the grill, I think of long weekends with beautiful weather. I think of my grandpa grilling in my backyard from my childhood."

Not only is grilling fun and relaxing for Canadians, according to Weber's statistics, 61 per cent say they love it because it's a healthier way to cook a tasty meal.

Clive, who runs master grilling classes as Weber's grilling specialist, says the key to barbecuing right depends on temperature as well as patience.

"Great grill marks will take you far in life," he said, quoting a chef mentor. The basic rule to keep in mind is that deep colour equates to deep flavour.

"When you preheat those grates to 500 degrees, what you get is that caramelization of hot grates touching proteins, veggies, fruits, and just bringing sugars to the surface and caramelizing," Clive said. "You get that colour. You get those great grill marks, and that is flavour."

Between 450 and 500 degrees

brings promise of great grill marks.

Trust is another key takeaway. That means trusting your timer and your thermometer, rather than getting too fidgety.

"Looking isn't cooking. How many times are you grilling a steak and lifting that lid every two minutes?" Clive says. "With a steak, people will poke at it, stab into, and you're letting out precious juices."

The same goes for burgers and the all-too-common sin of over-flipping patties. All that movement loses heat energy, meaning fewer opportunities for caramelization.

"Just place it there, leave it there for a few minutes," he says. "Then flip it to a new part of the grate that hasn't come into contact with food because it's at its optimum temperature."

Clive's golden rules begin even before the meat hits the grill rack. For one, clean the barbecue properly before starting, empty that drip pan and pre-heat the grill for about 15 minutes to get that satisfying sizzle when food makes contact.

But the grill master's job isn't quite over even when the food



SHUTTERSTOCK

is ready. A sure way to ruin a perfectly cooked piece of meat is to rush into slicing it.

"Just let your food rest," Clive advises. "People will pull their

steaks out and cut into it and it's just swimming with red juice. It leeches out and they get a dry eating experience."

Instead, tent the piece of

meat in some foil and allow that moisture to redistribute evenly throughout the meat. Your hungry guests will thank you later.

## + CAESAR RECIPE

### New Take on an Old Classic

A tequila-based drink may not sound like the ideal Canada Day cocktail, but it's recommended by Rande Gerber (aka Mr. Cindy Crawford) and his pal and business partner George Clooney, so who are we to argue?

Their Casamigos tequila arrived north of the border only last November, and the Bloody Amigo is their "cocktail of

choice for Canada Day."

1 1/2 parts Casamigos Reposado, 4 parts tomato juice, 1/4 parts fresh lemon juice, 1 teaspoon horseradish, 1 pinch salt and pepper, 4 dashes Tobasco, 2 dashes Worcestershire sauce, 1 dash celery salt. Combine all ingredients in a mixing glass, roll back and forth. Strain over ice in a high ball glass. Garnish with lime wedge and celery stick.

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# LOVE STORY

## Scarborough's Wes Grant is facing his fear of heights in memory of his wife



Scan to see more about Wes Grant's Fearless Challenge.

weeks of her life side-by-side, and Grant considers this time together as one of the greatest gifts he received from her. "When you go through something like that," he says, "when you know that time is precious, you have to ask yourself, 'What can I do to live each moment to the fullest?'"

One answer Grant found was to give back to the community. "Losing my wife changed my life," he says. "I left my job; I'm going back to college to study workplace health and wellness." The Scarborough native also plans to start volunteering with the Canadian Cancer Society in the fall.

### HEIGHTS & SNAKES

It was at a volunteer information session with the charity that he first heard about the Fearless Challenge, a fundraising initiative that asks Canadians to step out of their comfort zones and tackle something that scares them.

Coincidentally, Grant had just been out for dinner with a former work colleague and the discussion had turned to the EdgeWalk attraction atop Toronto's CN Tower. EdgeWalk participants are perched on the roof of the CN Tower's restaurant. Even though they're securely tethered to the tower with harnesses, walking around out of doors 168 feet above the streets of downtown Toronto is enough to give most people pause.

"Heights and snakes are my fears," says Grant. "Maybe I had a few drinks in me but somehow he

talked me into signing up. When I heard about the Fearless Challenge, I realized that I could do something good with the situation."

Grant registered his Fearless Challenge page before leaving the information session. He set a goal of raising \$2,500 and quickly surpassed it by collecting pledges from family, friends and even friends of friends. Grant confronted his fear by doing the EdgeWalk on June 26.

And even though he took on his Fearless Challenge to honour his wife, he says, given his fear of heights, "I can picture her saying, 'Babe, what are you doing?'"

### STARTING A DISCUSSION

A cancer diagnosis is one of the biggest fears a person can face in their life. The Canadian Cancer Society launched the Fearless Challenge in 2014 to raise much-needed funds for research, support services for patients and other important work.

Anyone over the age of 13 can participate by taking their idea to the Fearless Challenge website and clicking on the "create a challenge" link. In addition to creating their challenge, participants set their own fundraising goals and deadlines for raising the money. After that, they're encouraged to chart their progress and share their fear-facing event on their participant page and on their social media networks.

Grant has found comfort in sharing his story through the program.

"The Fearless Challenge

## Follow the #FearlessChallenge



**@HarjotTatia** I will face my fear of eating spicy food if you help me raise money



**@Fearless\_Fred** I'm jumping out of a plane. Not cause I want to, but cause cancer sucks.



**@ericaallgood** Enjoying my hair for one more day before its all gone!



**@CurtisRadio** Not gonna lie I'm pretty scared about my fearless challenge at @bolermountain and their treetop adventure

Follow this group and others as they face their fears at:

@nofeartoobig

/FearlessChallenge

#FearlessChallenge

allows me to share memories of Tara," he says. "Everybody grieves differently, but I like talking about her. People don't know how to talk about cancer." He feels that having this opportunity to start a discussion about cancer has also helped others step outside of their comfort zone and start talking about the many different aspects of the disease.

"Having been her caregiver, I still can't imagine the fear she was facing," Grant says. "She was always more worried about me and others. I don't know if I can have that kind of bravery myself but I'm going to give it a try."

Wes Grant's wife Tara Cowan lost her battle with cervical cancer on November 6, 2014, at the age of 39. The couple spent the last eight

To see the video, scan the Fearless Challenge Logo with your Metro App.

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# Sabres suddenly far from middle-of-road at centre

NHL

## With shakeup at draft, Buffalo now has reason to believe

New Buffalo Sabres coach Dan Bylsma had a little argument with general manager Tim Murray about the team's impressive moves at the NHL draft.

"I said, 'Tim I think we got more than a little bit better,'" Bylsma recalled. "And he said, 'No we got a little bit better,' and that's certainly true."

Let the tempering of expectations begin.

After drafting Jack Eichel and trading for goaltender Robin Lehner and forwards Ryan O'Reilly and Jamie McGinn, the Sabres are a much different, stronger team than they were last season or even last week. The moves Murray made in South Florida should fast-track their progression from the bottom of the NHL.

Ottawa Senators GM Bryan Murray said his nephew's team sure looks like a playoff team to him. Tim Murray doesn't want that talk quite yet.

"We've changed our team a lot," Tim Murray said Saturday in Sunrise, Fla. "We've improved a lot, but I'm just going to try to get better, a little bit better every day. We think we've done that."

The Sabres don't have to be



Drafting Jack Eichel with the No. 2 overall pick on Friday was just one of several big moves made by Sabres general manager Tim Murray over the weekend. BRUCE BENNETT/GETTY IMAGES

a playoff team now, but with centre Sam Reinhart and winger Evander Kane added to the mix of talent picked up over the weekend, they're starting to put the pieces in place.

Acquiring Lehner was a must, and the former Senators goalie being 23 years old gives him a chance to blossom into a good or great NHL starter. But trading for

**"I'm not going to put pressure on our players or coaches and say that we're a playoff team now."**

Sabres GM Tim Murray

O'Reilly from the Colorado Avalanche as part of a blockbuster deal Friday night provides Buffalo with another top centre to go with all-star Zemgus Girgensons, Eichel and Reinhart.

"Down the middle they're real strong right now, they're one of the good teams down the middle, I would say," Bryan Murray said Saturday. "That's a pretty strong

## + MORE MOVES

Once heralded as a key part of the Sabres' future, Cody Hodgson's career in Buffalo will soon be over.

A person familiar with the decision has told the Associated Press that the Sabres have placed Hodgson on unconditional waivers with the intention of buying out his contract.

THE ASSOCIATED PRESS

middle for them, and that's the start of the building of an awful good hockey club."

Bylsma has O'Reilly pencilled in as the Sabres' No. 1 centre and acknowledged that one of Eichel, Reinhart or most likely Girgensons could move to wing. Buffalo even has its No. 4 centre in veteran David Legwand, who was part of the Lehner trade.

Tim Murray could see the excitement in Bylsma at the moves he made at the draft, saying it's "Christmas morning" for a coach when he gets a proven, strong NHL player. Murray doesn't want to label the Sabres anything but improving and said he won't make any grand proclamations even once the season gets started.

"Everything's new and let's see how it all comes together in training camp," Murray said. "I think we've taken big strides."

THE CANADIAN PRESS

## CLASS OF 2015

These five players were elected to the Hockey Hall of Fame on Monday:



**Nicklas Lidstrom.** 264 goals, 878 assists, 1,564 NHL games



**Chris Pronger.** 157 goals, 541 assists, 1,167 NHL games



**Sergei Federov.** 483 goals, 969 assists, 1,248 NHL games



**Phil Housley.** 338 goals, 894 assists, 1,495 NHL games



**Angela Ruggiero.** Olympic medals (1 gold, 2 silver, 1 bronze), world championships (4 gold, 6 silver)

WIMBLEDON

## Serena shrugs off slow start in London

Serena Williams knew she had to do something — fast.

Down 3-1 to a qualifier on the first day of Wimbledon, the top-ranked player was not about to drop the opening set as she did four times during her run to the French Open title. "She came out so fast, I was like, 'Oh my God, if I don't start I'm going to be down a set.' And I was tired of being down a set," Williams said.

So the five-time champion got to work, winning 11 of 13 games to beat 113th-ranked Margarita



Serena Williams GETTY IMAGES

Gasparyan 6-4, 6-1 on Monday to extend her Grand Slam winning streak to 22 matches as she pursues a fourth straight major title. THE ASSOCIATED PRESS

## IN BRIEF

### Kings cut Richards

The Los Angeles Kings have terminated the contract of Mike Richards.

They said in a statement it was because of "a material breach of the requirements of his standard player's contract."

Under the terms of the collective bargaining agreement, a team can terminate a player's contract if he fails, refuses or neglects to "obey the club's rules governing training and conduct."

THE CANADIAN PRESS

### Sam 'was always coming back' to rejoin Alouettes

Michael Sam says the personal issues he had are behind him and he is ready to earn his place on the Montreal Alouettes.

Sam, the prominent openly gay football player, had his first on-field practice with the CFL club Monday after his departure two weeks into training camp.

"I was always coming back," said the standout college linebacker who is to play rush end in the CFL.

THE CANADIAN PRESS

MLB

## Votes flood in for Jays' Donaldson

Toronto third baseman Josh Donaldson and Seattle designated hitter Nelson Cruz have moved ahead in fan voting for starting spots in the all-star game.

Major League Baseball released results Monday. Voting continues through Thursday night. MLB said more than 500

million votes had been cast.

The starters will be announced Sunday, with the pitchers, reserves and candidates for the final spot to be presented Monday. The game is July 14 in Cincinnati.

Donaldson had 18 home runs and 48 RBIs with a .301 batting average going into Monday night's game against the Red Sox.

GETTY IMAGES

THE ASSOCIATED PRESS



## RECIPE Milk Chocolate Fudge Cake

### EAT LIGHT AT HOME

**Rose Reisman**  
rosereisman.com

✉@rosereisman



This delicious yet light cake is a perfect pick for your Canada Day celebrations!

### Ready in

Prep time: 15 minutes  
Cook time: 25 minutes  
Serves: 12

### Ingredients

- 1/3 cup milk or semi-sweet chocolate chips
- 1/4 cup hot water
- 1/2 cup packed brown sugar
- 1/2 cup granulated sugar
- 1/3 cup vegetable oil
- 2 eggs
- 2 tsp vanilla extract
- 1/2 cup cocoa powder
- 3/4 cup low-fat sour cream
- 1/4 cup light mayonnaise
- 1 cup all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- ICING:
- 1/2 cup smooth ricotta cheese
- 1/2 cup light cream cheese
- 3/4 cup icing sugar
- 3 Tbsp cocoa powder
- 1 1/2 Tbsp water
- GARNISH:
- Whole strawberries
- Icing sugar
- Melted white chocolate (optional)

### Directions

1. Preheat the oven to 350°F. Lightly coat a Bundt pan with cooking spray.
2. Combine the chocolate chips



and hot water in a small bowl. Microwave on High for 30 seconds. Mix until smooth.

3. In a large mixing bowl, combine both sugars, oil, eggs and vanilla with a whisk until smooth. Add the cocoa powder, sour cream, mayonnaise and melted chocolate. Mix until combined. Mix in flour, baking powder and baking soda.

4. To make the icing, purée all the icing ingredients in a food processor until smooth. Ice the top of the cake. Garnish with berries and icing sugar and melted white chocolate, if using.

### Nutrition per serving

- Calories 289
- Carbohydrates 36 g
- Fat 12 g
- Cholesterol 33 mg

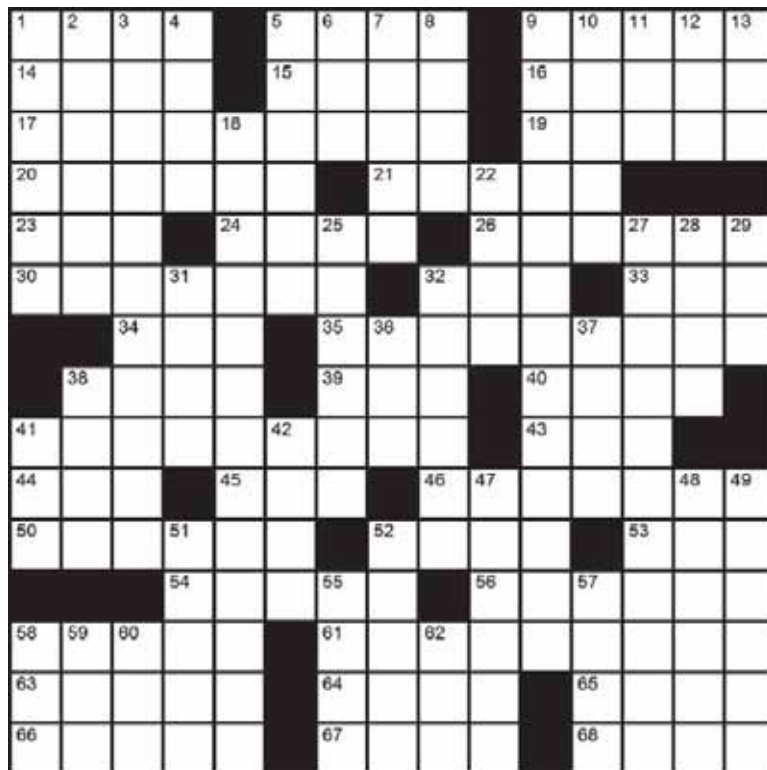
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Cheers!
5. Brendan \_ (New Westminster, B.C. born actor)
9. Musical finales
14. By any chance
15. Light bulb meaning
16. Come up
17. Posh area of Montreal
19. SNL part
20. Fix
21. Author Charles' bookish surname
23. Chemical suffix
24. Nero's 53
26. Folk duo, Ian & \_
30. Share
32. Mobile buy
33. In use buttons
34. Cereal grass
35. Multi-talented
38. Odd, to a Scot
39. Auction ware
40. Like mesh-like material
41. Ontario village south of North Bay
43. Brother of Shemp
44. "That's \_ - \_ Quit - I'm Movin' On" by Sam Cooke
45. "...haw!"
46. Causes
50. Melon variety
52. Peer \_ Henrik Ibsen play
53. Services cost
54. Certain coffee
56. Overwhelm with loud noise
58. "Sunset Blvd." (1950) actress



- Nancy
61. Tenders ...tinier
63. Hammer
64. One of Columbus' ships
65. Coastal flier, variantly
66. Tree bits
67. Singe

68. Net balls in tennis

### DOWN

1. Do a better job at prepping the gif
2. Brand for which Jennifer Aniston does TV commercials
3. Flightless marine

- bird of prehistoric Canadian waters
4. Mlle. cousin
5. Maurice \_ ("Cityline" hair-styles expert)
6. College's web address ending, e.g.
7. Quebec tenor Mr. Prieur (b.1893

- d.1970)
8. Grade
9. Halifax stand-up comedian who hosts her own show on APTN: 2 wds.
10. Bay window
11. Think something is groovy
12. Wynonna's ac-

- tress sis
13. Established
18. Halifax: June 30th - July 7th, 2015... Royal Nova Scotia International Tattoo participants: 2 wds.
22. Ancient Egypt symbols
25. Occupy
27. National Gallery of Canada painting distinguished by its three bold stripes: 3 wds.
28. Internal
29. Character in #52-Across
31. Late: French
32. 'Highway' in a human
36. Unit of energy
37. New Mexico art colony
38. Work \_ \_ plan (Brainstorm)
41. As written
42. "If \_ \_ now, I'll be too full for supper."
47. Belovedly win over
48. "You \_ bother."
49. Has a gut instinct
51. Tag \_
52. "Aladdin" (1992) character
55. Large casks for wine
57. Canadian tech expert, Kris \_
58. Check a box
59. Volume setting
60. Fashion designer Anna
62. Type of test on "Maury"

## ★ IT'S ALL IN THE STARS by Sally Brompton

♈ **Aries** March 21 - April 20  
There is something you started but failed to finish. You may think you can just forget about it but it won't be that easy — everything in life must ultimately be paid for.

♉ **Taurus** April 21 - May 21  
Although you are generally quite placid there are times when you vent to your feelings. Those negative emotions that have been building up must be dealt with.

♊ **Gemini** May 22 - June 21  
You will be quite vocal in your condemnation of someone's actions, but before you go accusing them of immoral behaviour remember there are a few skeletons in your own closet you might like to keep hidden!

♊ **Cancer** June 22 - July 23  
With Mars in your sign you have the courage to deal with whatever crisis might arise. Don't fear a rival because they have a reputation. You can be a pretty tough nut yourself.

♊ **Leo** July 24 - Aug. 23  
The change that is about to take place in your life may result in a lot of uncertainty but the planets indicate that when the dust has settled you will realize that, in the long-term, this is a change which will do you nothing but good.

♊ **Virgo** Aug. 24 - Sept. 23  
It is important that you approach people in the right way today. If you come on too strong you may turn colleagues against you.

♊ **Libra** Sept. 24 - Oct. 23  
You may feel that you can take on the world and win and to a degree that's true but there are some people it would be wise to avoid. Someone in a position of authority is looking for an excuse to cut you down.

♊ **Scorpio** Oct. 24 - Nov. 22  
You would be wise to take care when traveling or engaging in potentially dangerous activities over the next few days. Discussing politics and religion is best avoided too!

♊ **Sagittarius** Nov. 23 - Dec. 21  
If you have to say something unpleasant today don't try to sugar coat it. Speak up and let everyone know why you are unhappy — and what they can do to make it better.

♊ **Capricorn** Dec. 22 - Jan. 20  
You won't stand for any kind of nonsense today, either in your personal life or at work. You certainly won't let others, be they friends or rivals, piggyback on your success.

♊ **Aquarius** Jan. 21 - Feb. 19  
Someone will rub you the wrong way and you could lose your temper in a big way. Be careful you don't take your anger out on someone who may one day be in a position of power.

♊ **Pisces** Feb. 20 - March 20  
Some problems can be resolved by hammering them into submission, but the problem you face now requires a more subtle approach. Use brains, not brawn.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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